



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Du Maire, Mandy

Club: Arnstadt

Number: 302

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 48:17

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 59 (of 104)

Rank in course/Women: 6 (of 19)

Best time in course: 45:35

Rank in category: 2(of 3)

Best time in the category: 48:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.70	7:43	4:32	2	0:17	10	0:44	1.70	7:43	4:32	2	0:17	14	0:27
Lap 2	2.34	11:18	4:49	1	-	5	0:32	4.04	19:01	4:42	2	0:05	13	0:14
Lap 3	2.34	11:25	4:52	1	-	4	0:34	6.38	30:26	4:46	2		14	
Lap 4	2.34	11:32	4:55	1	-	6	0:35	8.72	41:58	4:48	2		14	
Last lap Finish	1.28	6:19	4:56	2	0:19	7	0:34	10.00	48:17	4:49	2	0:12	6	2:42